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# TAKE 15 FOR THE FAMILY

Fact Sheet  
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## ***What is Take 15 for the Family?***

*Take 15 for the Family...Building a Lifetime of Learning* is a family literacy initiative designed to encourage Maryland families to dedicate at least 15 minutes each day to doing everyday activities like eating together or going to the library and turning those moments into learning opportunities. The goals of the initiative are to build awareness among parents that involvement in their children's education is critical and to provide resources that make this involvement easy and fun.

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## ***How does this help parents and children?***

Over 30 years of research demonstrate that family involvement is a powerful influence on student achievement. Children whose families are involved in education tend to perform better academically than children whose families are not involved. Examples of this may include helping your child with homework, discussing school matters, reading to or with your child, or being read to by your child. Activities for family literacy and other early learning literacy programs are designed around 15-20 minutes; however, it is not the quantity of time families spend together but the quality of time.

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## ***What does Take 15 offer?***

Parents can learn new and interesting ways to help their children learn. The Maryland State Department of Education's website offers daily tips for parents; a monthly calendar of activities; activities on specific topics such as reading, math, and visiting the library; other tip sheets; family literacy links; and highlights including new announcements, media releases, newsletters, and more.

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## ***Who is the target audience?***

The Maryland State Department of Education's Goal 5 states, "Parents will be involved in education." In support of this goal, *Take 15* is designed for families to promote the importance that involvement in their child's education is critical to their child's success in school and to provide tools to assist families with their child's learning. Family members are encouraged to use the *Take 15* tools, in addition to the school-community at-large, including teachers, childcare providers, home visitors, and other education and health professionals, as part of their outreach efforts with families.

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## ***How can I access resources?***

Resources can be obtained by contacting the Maryland State Department of Education or by visiting the MSDE website and clicking on the *Take 15 for the Family* icon.